

Week 1

DAY ONE: chest and back

set 1

- Barbell Flat Chest Press (8-10 reps)
- Wide Grip Cable Pull Downs (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (8-10 reps)
- Seated Cable Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Dips (failure)
- Bent-over Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 4

- Cable Crossover Flye (8-10 reps)
- Close Grip Pulldown (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 5

- Hanging Knee Raise (8-10 reps)
- Swiss Ball Roll-Ins (12-15 reps)

→ 3 sets, rest 30 seconds between sets

DAY TWO: legs

set 1

- Dumbbell Squat (8-10 reps)
- Lying Hamstring Curl (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Forward Lunge (8-10 reps)
- Stiff-leg Deadlift (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Bulgarian Split Squat (8-10 reps)
- Swiss Ball Hamstring Roll-In (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 4

- Hanging Leg Raise with Twist (8-10 reps)
- Cable Chops (12-15 reps)

→ 3 sets, rest 30 seconds between sets

DAY THREE: shoulders

set 1

- Seated Dumbbell Lateral Raise (8-10 reps)
- Standing Dumbbell Shrug (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Standing Cable Front Raise (8-10 reps)
- Bent-over Rear Delt Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Standing Dumbbell Shoulder Press (8-10 reps)

- Plate Pinch Press (failure)

→ 3 sets, rest 30 seconds between sets

set 4

- Swiss Ball Crunch (8-10 reps)
- Cable Rope Crunch (12-15 reps)

→ 3 sets, rest 30 seconds between sets

DAY FOUR: biceps and triceps

set 1

- Standing Dumbbell Curl (8-10 reps)
 - Bodyweight Dips (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 2

- Cable Straight Bar Curls (8-10 reps)
 - Cable V-Bar Press Down (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 3

- Seated Dumbbell Hammer Curl (8-10 reps)
 - Bent-over Dumbbell Kickback (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 4

- Plank (30 seconds)
 - Cobra Pose (30 seconds)
 - Back Extensions (15 reps)
- 3 sets, rest 30 seconds between sets

DAY FIVE: off

DAY SIX: chest and back

set 1

- Barbell Flat Chest Press (8-10 reps)
 - Wide Grip Cable Pull Down (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (8-10 reps)
 - Seated Cable Row (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 3

- Dips (failure)
 - Dumbbell Bent-over Row (12-15 reps)
- 3 sets, rest 30 seconds between sets
- set 4
- Cable Crossover Fly (8-10 reps)
 - Close Grip Pull Down (12-15 reps)
- 3 sets, rest 30 seconds between sets
- set 5
- Hanging Knee Raise (8-10 reps)
 - Swiss Ball Roll-In (12-15 reps)
- 3 sets, rest 30 seconds between sets

DAY SEVEN: off

Week 2

DAY ONE: chest and back

set 1

- Barbell Flat Chest Press (8-10 reps)
- Wide Grip Cable Pull Downs (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (8-10 reps)
- Seated Cable Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Dips (failure)
- Bent-over Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 4

- Cable Crossover Fly (8-10 reps)
- Close Grip Pulldown (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 5

- Hanging Knee Raise (8-10 reps)
- Swiss Ball Roll-Ins (12-15 reps)

→ 3 sets, rest 30 seconds between sets

DAY TWO: legs

set 1

- Dumbbell Squat (8-10 reps)
- Lying Hamstring Curl (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Forward Lunge (8-10 reps)
- Stiff-leg Deadlift (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Bulgarian Split Squat (8-10 reps)
- Swiss Ball Hamstring Roll-In (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 4

- Hanging Leg Raise with Twist (8-10 reps)
- Cable Chops (12-15 reps)

→ 3 sets, rest 30 seconds between sets

DAY THREE: shoulders

set 1

- Seated Dumbbell Lateral Raise (8-10 reps)
- Standing Dumbbell Shrug (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Standing Cable Front Raise (8-10 reps)
- Bent-over Rear Delt Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Standing Dumbbell Shoulder Press (8-10 reps)

- Plate Pinch Press (failure)

→ 3 sets, rest 30 seconds between sets

set 4

- Swiss Ball Crunch (8-10 reps)
- Cable Rope Crunch (12-15 reps)

→ 3 sets, rest 30 seconds between sets

DAY FOUR: biceps and triceps

set 1

- Standing Dumbbell Curl (8-10 reps)
 - Bodyweight Dips (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 2

- Cable Straight Bar Curls (8-10 reps)
 - Cable V-Bar Press Down (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 3

- Seated Dumbbell Hammer Curl (8-10 reps)
 - Bent-over Dumbbell Kickback (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 4

- Plank (30 seconds)
 - Cobra Pose (30 seconds)
 - Back Extensions (15 reps)
- 3 sets, rest 30 seconds between sets

DAY FIVE: off

DAY SIX: chest and back

set 1

- Barbell Flat Chest Press (8-10 reps)
 - Wide Grip Cable Pull Down (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (8-10 reps)
 - Seated Cable Row (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 3

- Dips (failure)

- Dumbbell Bent-over Row (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 4

- Cable Crossover Fly (8-10 reps)
 - Close Grip Pull Down (12-15 reps)
- 3 sets, rest 30 seconds between sets

set 5

- Hanging Knee Raise (8-10 reps)
 - Swiss Ball Roll-In (12-15 reps)
- 3 sets, rest 30 seconds between sets

DAY SEVEN: off

Week 3

DAY ONE: chest and back

set 1

- Barbell Flat Chest Press (8-10 reps)
- Wide Grip Cable Pull Downs (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (8-10 reps)
- Seated Cable Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Dips (failure)
- Bent-over Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 4

- Cable Crossover Flye (8-10 reps)
- Close Grip Pulldown (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 5

- Hanging Knee Raise (8-10 reps)
- Swiss Ball Roll-Ins (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 6

- Push-ups (50)
- Pull-ups (50)

→ as quickly as possible (break sets up however necessary)

DAY TWO: legs

set 1

- Dumbbell Squat (8-10 reps)

- Lying Hamstring Curl (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Dumbbell Forward Lunge (8-10 reps)
- Stiff-leg Deadlift (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Bulgarian Split Squat (8-10 reps)
- Swiss Ball Hamstring Roll-In (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 4

- Hanging Leg Raise with Twist (8-10 reps)
- Cable Chops (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 5

- Air squats (100)
- Sit-up (100)

→ as quickly as possible (break up the sets however necessary)

DAY THREE: shoulders

set 1

- Seated Dumbbell Lateral Raise (8-10 reps)
- Standing Dumbbell Shrug (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 2

- Standing Cable Front Raise (8-10 reps)
- Bent-over Rear Delt Row (12-15 reps)

→ 3 sets, rest 30 seconds between sets

set 3

- Standing Dumbbell Shoulder Press (8-10 reps)

- Plate Pinch Press (failure)
- 3 sets, rest 30 seconds between sets
- set 4

- Swiss Ball Crunch (8-10 reps)
 - Cable Rope Crunch (12-15 reps)
- 3 sets, rest 30 seconds between sets

DAY FOUR: biceps and triceps

- set 1
- Standing Dumbbell Curl (8-10 reps)
 - Bodyweight Dips (12-15 reps)
- 3 sets, rest 30 seconds between sets

- set 2
- Cable Straight Bar Curls (8-10 reps)
 - Cable V-Bar Press Down (12-15 reps)
- 3 sets, rest 30 seconds between sets

- set 3
- Seated Dumbbell Hammer Curl (8-10 reps)
 - Bent-over Dumbbell Kickback (12-15 reps)
- 3 sets, rest 30 seconds between sets

- set 4
- Plank (30 seconds)
 - Cobra Pose (30 seconds)
 - Back Extensions (15 reps)
- 3 sets, rest 30 seconds between sets

DAY FIVE: off

DAY SIX: legs

- set 1
- Dumbbell Squat (8-10 reps)
 - Lying Hamstring Curl (12-15 reps)
- 3 sets, rest 30 seconds between sets

- set 2
- Dumbbell Forward Lunge (8-10 reps)
 - Stiff-leg Deadlift (12-15 reps)
- 3 sets, rest 30 seconds between sets
- set 3
- Bulgarian Split Squat (8-10 reps)
 - Swiss Ball Hamstring Roll-In (12-15 reps)
- 3 sets, rest 30 seconds between sets
- set 4
- Hanging Leg Raise with Twist (8-10 reps)
 - Cable Chops (12-15 reps)
- 3 sets, rest 30 seconds between sets
- Finisher: Air squats (300 reps, as quickly as possible)

DAY SEVEN: off

Week 4

DAY ONE: chest and back

set 1

- Barbell Flat Chest Press (10 reps)
 - Wide Grip Cable Pull Downs (15 reps)
- 5 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (10 reps)
 - Seated Cable Row (15 reps)
- 4 sets, rest 30 seconds between sets

set 3

- Dips (failure)
 - Bent-over Row (15 reps)
- 3 sets, rest 30 seconds between sets

set 4

- Cable Crossover Flye (10 reps)
 - Close Grip Pulldown (15 reps)
- 3 sets, rest 30 seconds between sets

set 5

- Hanging Knee Raise (10 reps)
 - Swiss Ball Roll-Ins (15 reps)
- 3 sets, rest 30 seconds between sets

set 6

- Push-ups (failure)
 - Pull-ups (failure)
- 3 sets, rest 30 seconds

DAY TWO: legs

set 1

- Dumbbell Squat (10 reps)
- Lying Hamstring Curl (15 reps)

→ 5 sets, rest 30 seconds between sets
set 2

- Dumbbell Forward Lunge (10 reps)
- Stiff-leg Deadlift (15 reps)

→ 4 sets, rest 30 seconds between sets
set 3

- Bulgarian Split Squat (10 reps)
 - Swiss Ball Hamstring Roll-In (15 reps)
- 3 sets, rest 30 seconds between sets

set 4

- Hanging Leg Raise with Twist (10 reps)
- Cable Chops (15 reps)

→ 3 sets, rest 30 seconds between sets
set 5

- Air squat (failure)
- Plank (failure)

→ 3 sets, rest 30 seconds between sets

DAY THREE: shoulders

set 1

- Seated Dumbbell Lateral Raise (10 reps)
 - Standing Dumbbell Shrug (15 reps)
- 5 sets, rest 30 seconds between sets

set 2

- Standing Cable Front Raise (10 reps)
 - Bent-over Rear Delt Row (15 reps)
- 4 sets, rest 30 seconds between sets

set 3

- Standing Dumbbell Shoulder Press (10 reps)
- Plate Pinch Press (failure)

→ 3 sets, rest 30 seconds between sets
set 4

- Swiss Ball Crunch (10 reps)
 - Cable Rope Crunch (15 reps)
- 3 sets, rest 30 seconds between sets
- set 5
- Flutter kicks (failure)
 - Plank (failure)
- 3 sets, rest 30 seconds between sets

DAY FOUR: biceps and triceps

set 1

- Standing Dumbbell Curl (10 reps)
 - Bodyweight Dips (15 reps)
- 4 sets, rest 30 seconds between sets

set 2

- Cable Straight Bar Curls (10 reps)
 - Cable V-Bar Press Down (15 reps)
- 4 sets, rest 30 seconds between sets

set 3

- Seated Dumbbell Hammer Curl (10 reps)
 - Bent-over Dumbbell Kickback (15 reps)
- 4 sets, rest 30 seconds between sets

set 4

- Plank (30 seconds)
 - Cobra Pose (30 seconds)
 - Back Extensions (15 reps)
- 3 sets, rest 30 seconds between sets

DAY FIVE: off

DAY SIX: chest and back

set 1

- Barbell Flat Chest Press (10 reps)
- Wide Grip Cable Pull Down (15 reps)

→ 5 sets, rest 30 seconds between sets

set 2

- Dumbbell Incline Press (10 reps)
 - Seated Cable Row (15 reps)
- 4 sets, rest 30 seconds between sets
- set 3

- Dips (failure)
 - Dumbbell Bent-over Row (15 reps)
- 3 sets, rest 30 seconds between sets
- set 4

- Cable Crossover Flye (10 reps)
 - Close Grip Pull Down (15 reps)
- 3 sets, rest 30 seconds between sets
- set 5

- Hanging Knee Raise (10 reps)
 - Swiss Ball Roll-In (15 reps)
- 3 sets, rest 30 seconds between sets

DAY SEVEN: off

Week 5

DAY ONE: full body circuit

Deadlift, Barbell Bench Press, Pull Ups, Dumbbell Push Press, Barbell Curl, Tricep Press Down & Hanging Leg Lift

→ 10 reps of each exercise for a total of 5 rounds (rest as little as possible between exercises)

DAY TWO: off

DAY THREE: full body circuit

Barbell Squat, Incline Dumbbell Chest Press, Pull Ups, Dumbbell Side Lateral Raise, Dumbbell Curl, Triceps Press-down & Plank

→ 10 reps of each exercise for a total of 5 rounds (rest as little as possible between exercises)

DAY FOUR: off

DAY FIVE: full body circuit

Deadlift, Barbell Bench Press, Pull Ups, Dumbbell High Pull, Barbell Curl, Dips & Hanging Leg Lift

→ 10 reps of each exercise for a total of 5 rounds (rest as little as possible between exercises)

DAY SIX: off

DAY SEVEN: full body circuit

Squat, Barbell Bench Press, Pull Ups, Dumbbell Push Press, Barbell Curl, Tricep Press Down & Hanging Leg Lift

→ 10 reps of each exercise for a total of 5 rounds (rest as little as possible between exercises)

Week 6

DAY ONE: off

DAY TWO: full body circuit

Deadlift, Barbell Bench Press, Pull Ups, Dumbbell Push Press, Barbell Curl, Tricep Press Down & Hanging Leg Lift

→ 8-10 reps of each exercise for a total of 7 rounds (rest as little as possible between exercises)

DAY THREE: off

DAY FOUR: full body circuit

Barbell Squat, Incline Dumbbell Chest Press, Pull Ups, Dumbbell Side Lateral Raise, Dumbbell Curl, Tricep Press Down & Plank

→ 8-10 reps of each exercise for a total of 7 rounds (rest as little as possible between exercises)

DAY FIVE: off

DAY SIX: full body circuit

Deadlift, Barbell Bench Press, Pull Ups, Dumbbell High Pull, Barbell Curl, Dips & Hanging Leg Lift

→ 8-10 reps of each exercise for a total of 7 rounds (rest as little as possible between exercises)

DAY SEVEN: off

Congratulations!!!